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- GRAY SCALE DOCUMENTS

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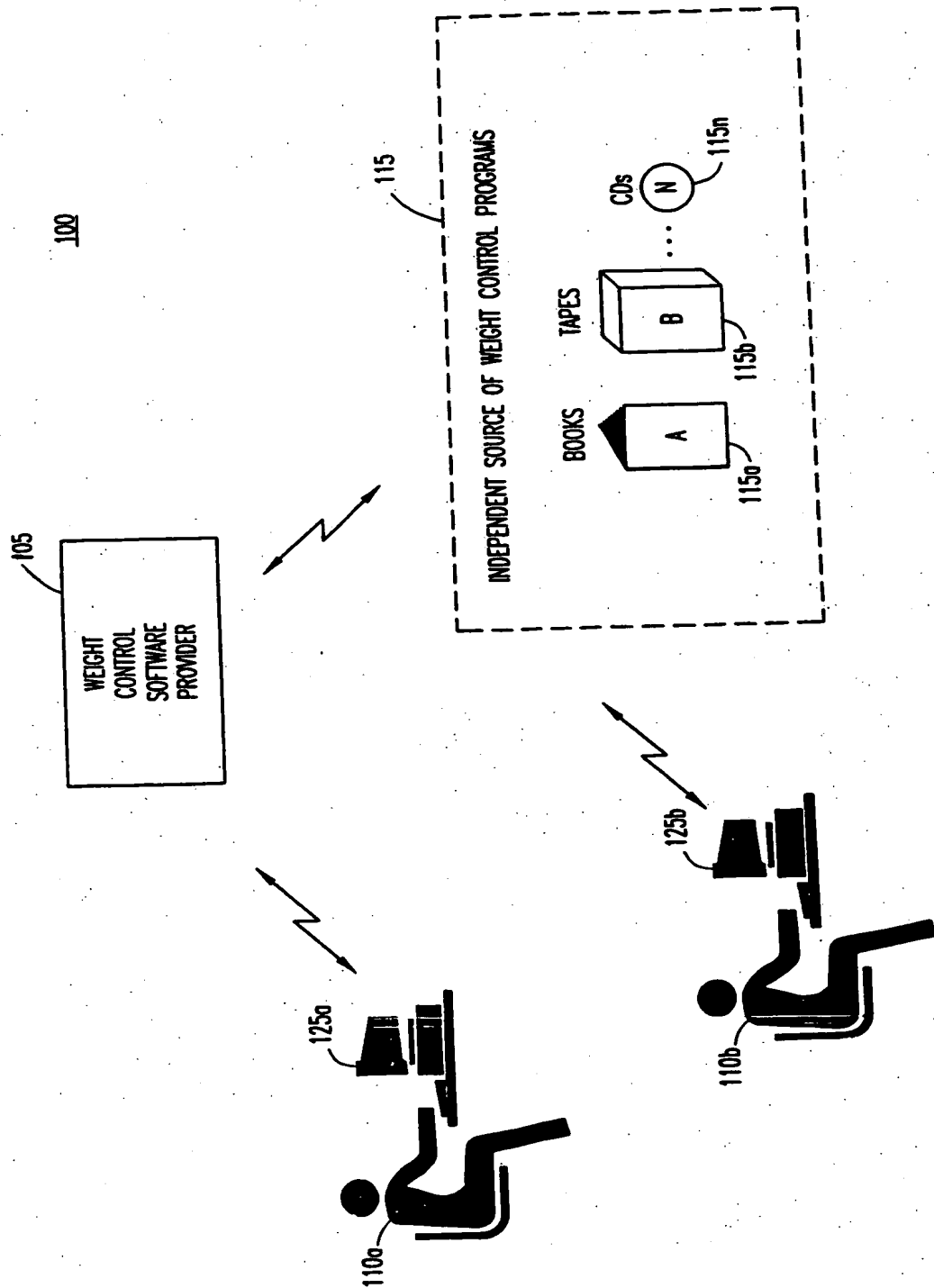


FIG. 1

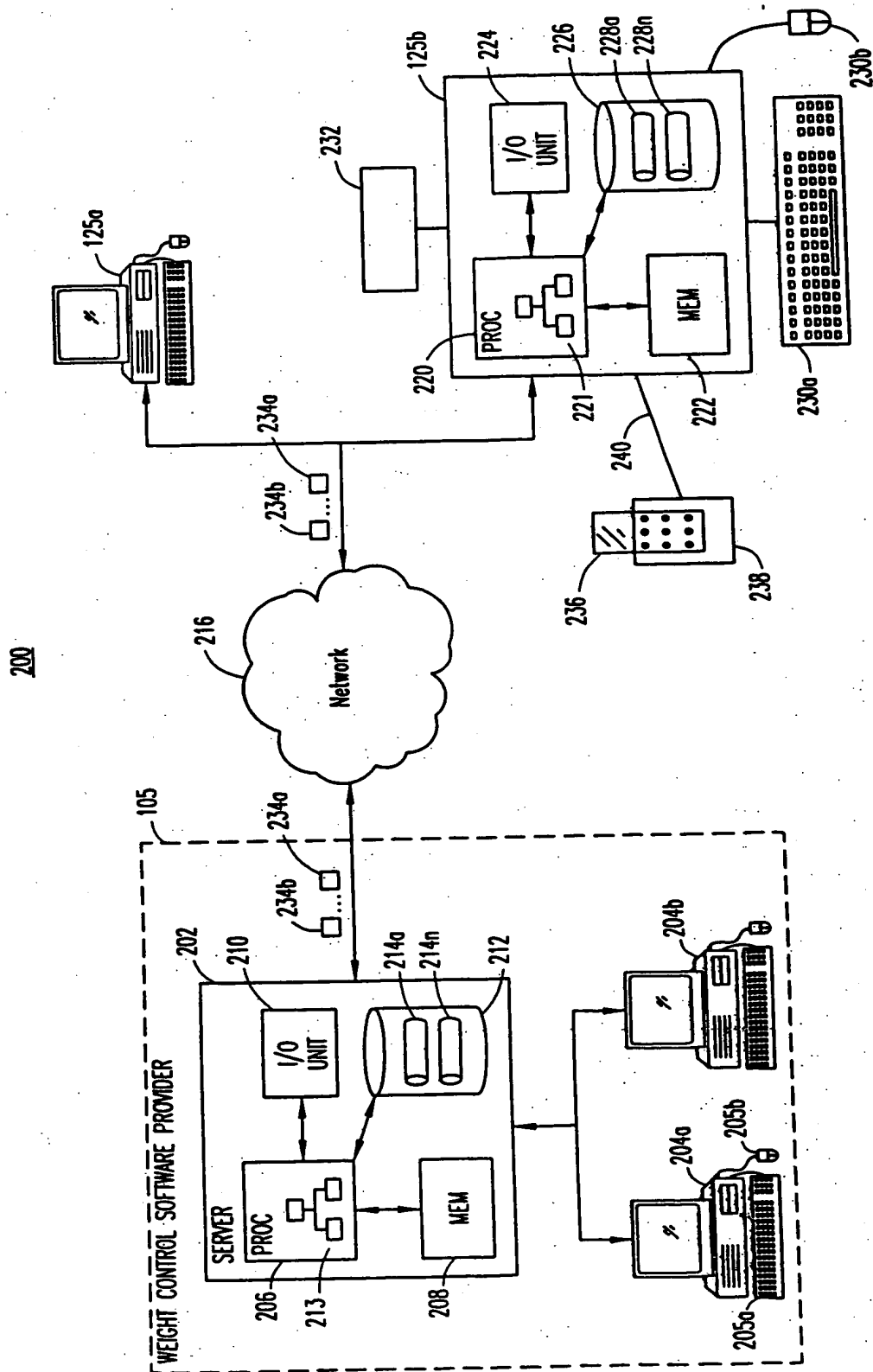


FIG. 2

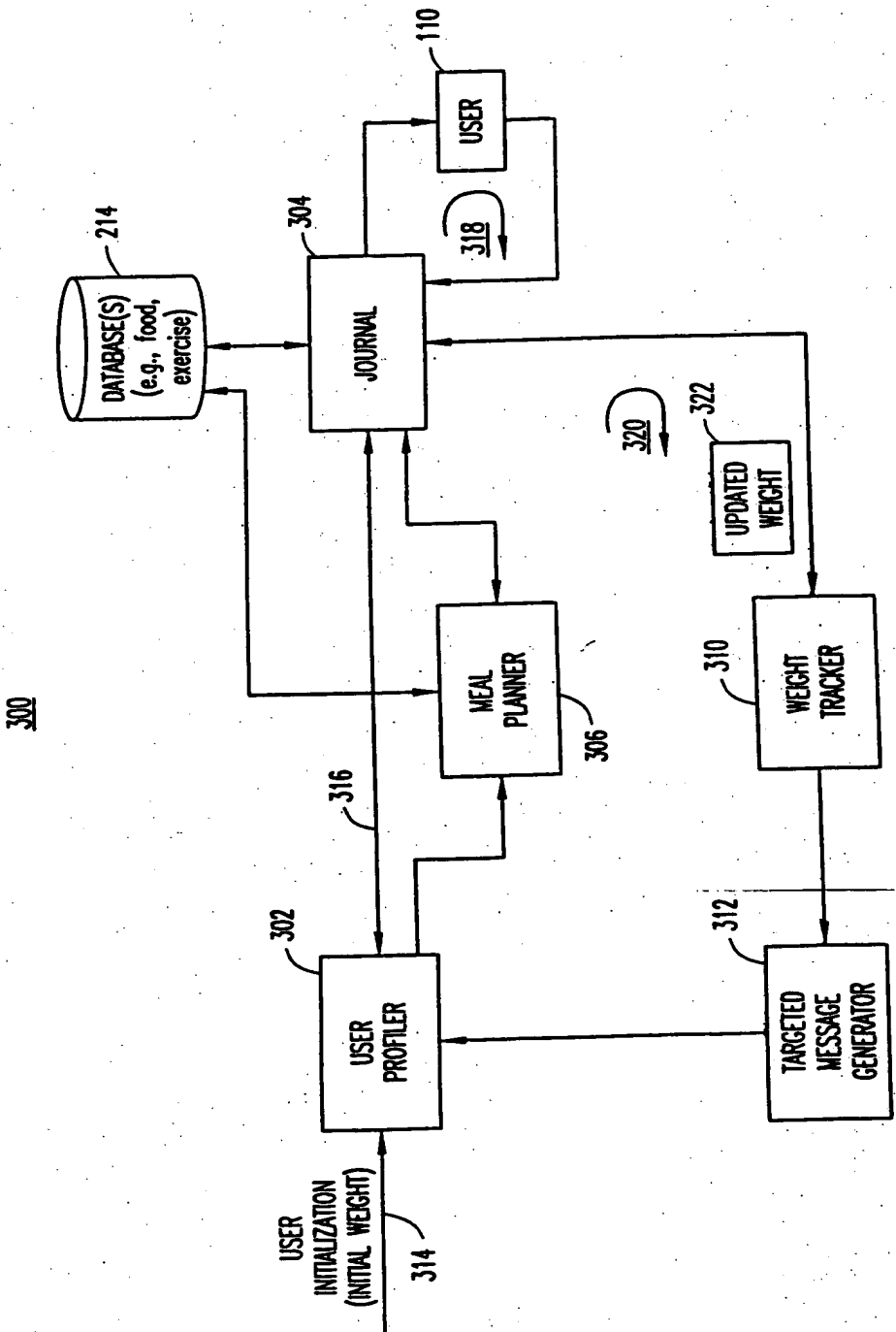


FIG. 3

4/28

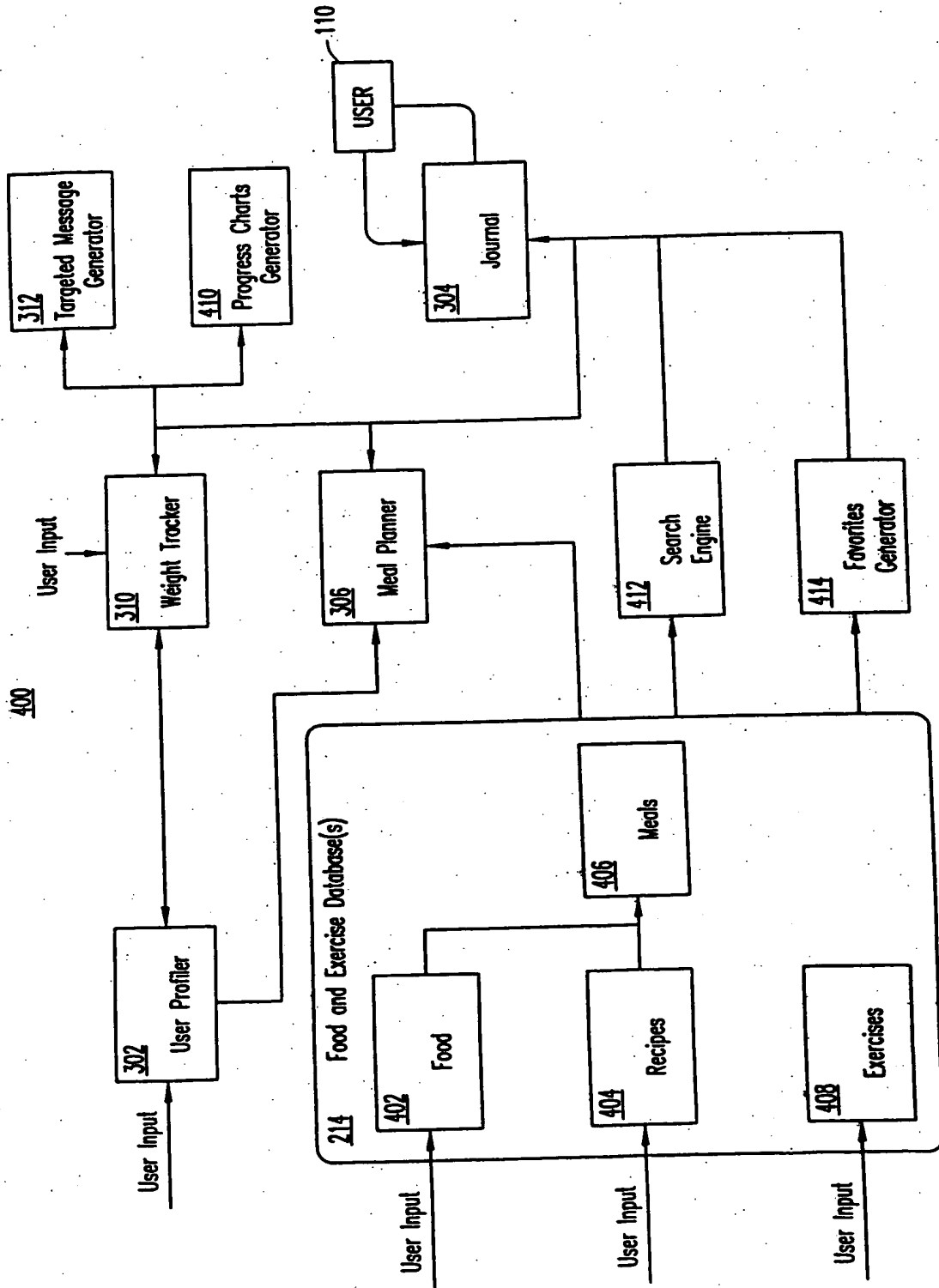


FIG. 4

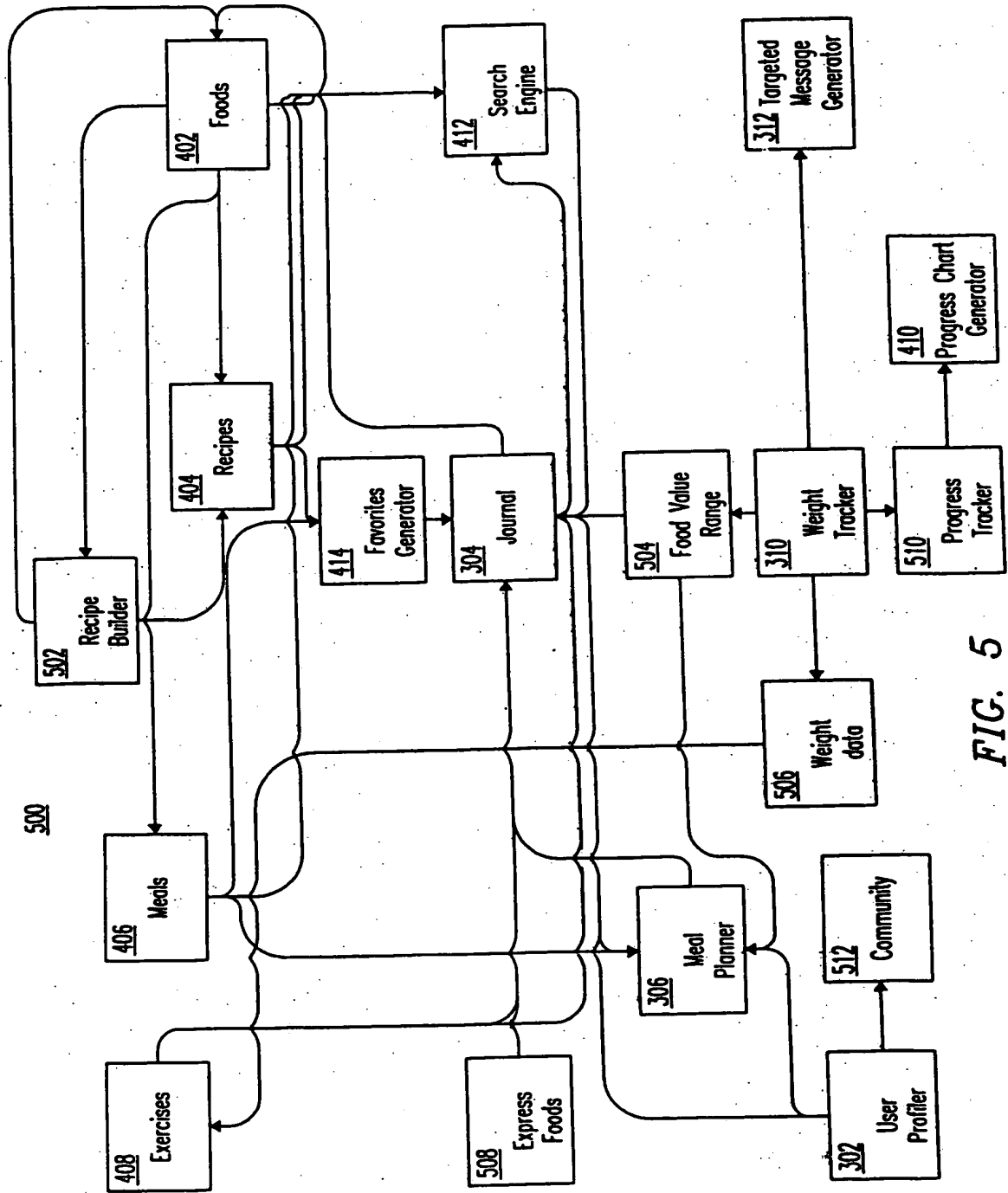


FIG. 5

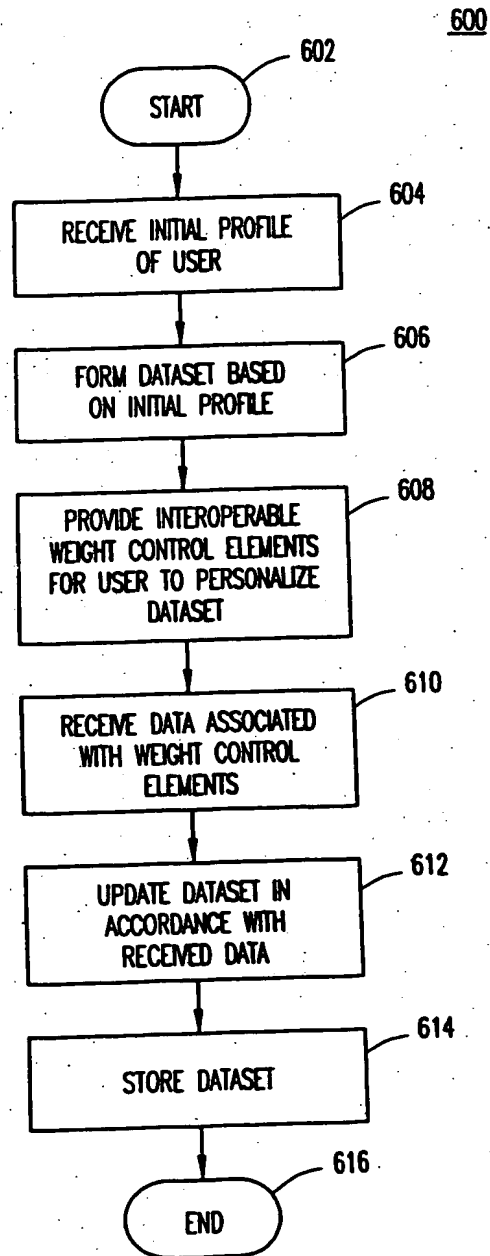


FIG. 6

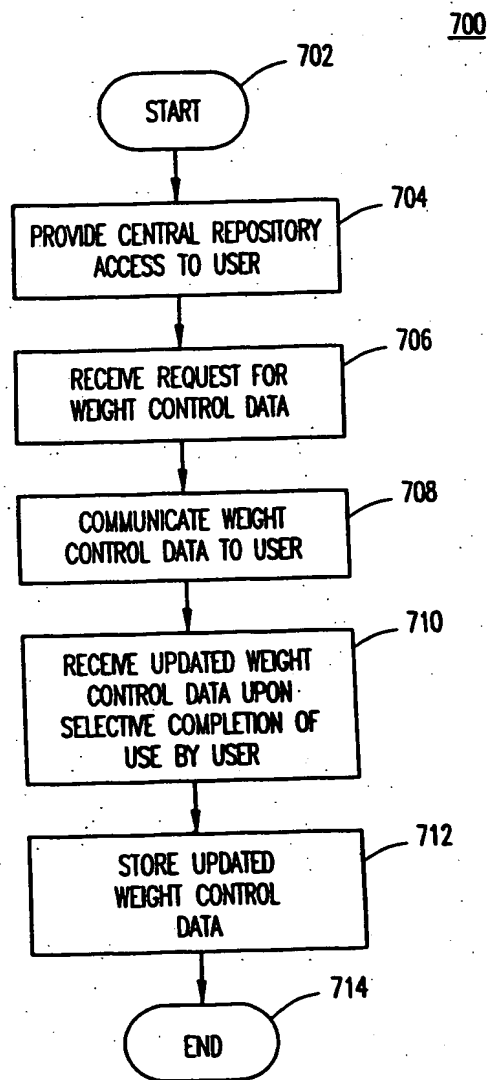


FIG. 7

8/28

800 802 find a meeting | about us | my profile | site map | help LOGIN
806 home the plan community success stories food & recipes healthy life fitness just for me shop panic
Journal | Weight Tracker | Progress Charts | My Favorites | POINTS® Calculators | Assessment | Tools for Living 808 826

step 6 of 6 confirm your information

Please confirm that all details you entered are correct. Click the "make changes" link below to make corrections

Current Weight Information

Current Weight: 223lb
Height: 5'8"
Gender: M
Birthdate: 7/14/1966

Make changes to Weight Information

Personal Information

First name: John
Last name: Smith
Address: 1 MAIN ST.
City: Anytown
State: NY
Zip code home: 12345
Zip code work: 12346
Country: United States
Phone: (212) 555-1234
E-mail: jsmith@workplace.com

Receive Information: No
E-mail Weight Loss Progress: No
E-mail Format: text
Profession: Professional (e.g., doctor, lawyer)
Marital status: Single
Number of children: 0
Lifetime Member: 98765
Meeting Member number: 98765

Make changes to Personal Information

Payment Information

Credit Card: Visa
Credit card number: *****1111
Expiration date: 2/2002
Name as it appears on the card: John Q. Smith
Billing Address: 1 MAIN ST.
City: Anytown
State: NY
Zip code: 12345

Make changes to Payment Information

Total Subscription Charges for
Monthly Fee: \$8.00 x 6 = \$48.00
Savings/Discount: \$0.00
Taxes: \$0.00
Total Charges: \$48.00

Other Characteristics

Altitude: Generally Happy
Athletic: Yes
Eye color: Blue
Hair color: Brown

Other Demographics

Race: Caucasian
Religion: Catholic
Ethnicity: Irish
Blood type: A+

Health Restrictions

None

Desired Meal Plan Type

Regular

FIG. 8

9/28

900a

The screenshot shows a web browser window with the following elements:

- Browser Menu:** File, Edit, View, Go, Favorites, Help.
- Navigation Bar:** Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, Edit.
- Address Bar:** http://
- Page Header:** 802 → find a meeting | about us | my profile | site map | help | LOGOUT
- Navigation Links:** 806 home, 806b my plan, community, success stories, food & recipes, healthy life, fitness, just for me, shop, panic.
- Journal Links:** 808a Journal, Weight Tracker, Progress Charts, My Favorites, POINTS® Calculators, Assessment, Tools for Living, Intro to eTools.
- Journal Section:**
 - 914 my journal
 - 904a Friday, Jan 25, 2002
 - 904b Target: 27
 - 904c Range: 22-27
 - 904d Bank: 3
 - 906 print day, print blank journal, user guide
- Form Section:**
 - 908 Add Food, Add Exercise, Notes, Calendar
 - 920 Step 1: Select a meal time: Morning, Midday, Evening, Snack
 - Step 2: To add food, you can either:
 - Search our food database: toast, FIND
 - Select a favorite: Select from My Favorites, ADD
 - Express it! Enter your food and its POINTS value: Food, POINTS, ADD
 - POINTS Calculator
 - Need Help? Go to the Journal User Guide
 - Find tips from others on the Weight Watchers eTools Tip Exchange
- Food Entry Table:**

DELETE CHECKED ITEMS 918		SAVE & BANK
<input type="checkbox"/> Check All 910	Total Food POINTS used	24
Morning 912		
<input type="checkbox"/> 1 medium pear(s)		1
<input type="checkbox"/> 1 cup light artificially sweetened yogurt		2
<input type="checkbox"/> 1/2 cup General Mills Whole Grain Total		1
<input type="checkbox"/> 6 average almonds		1
MAKE THIS MEAL A FAVORITE		Subtotal 5
Midday		
<input type="checkbox"/> 6 oz baked potato		3
<input type="checkbox"/> 1 oz low-fat cheddar or colby cheese		1
<input type="checkbox"/> 1/2 cup cooked broccoli		0
<input type="checkbox"/> 2 cup mixed greens		0
<input type="checkbox"/> 1 tsp olive oil		1
<input type="checkbox"/> 1tbsp vinegar		0
<input type="checkbox"/> 1 medium orange(s)		1
MAKE THIS MEAL A FAVORITE		Subtotal 6

FIG. 9

10/28

1000

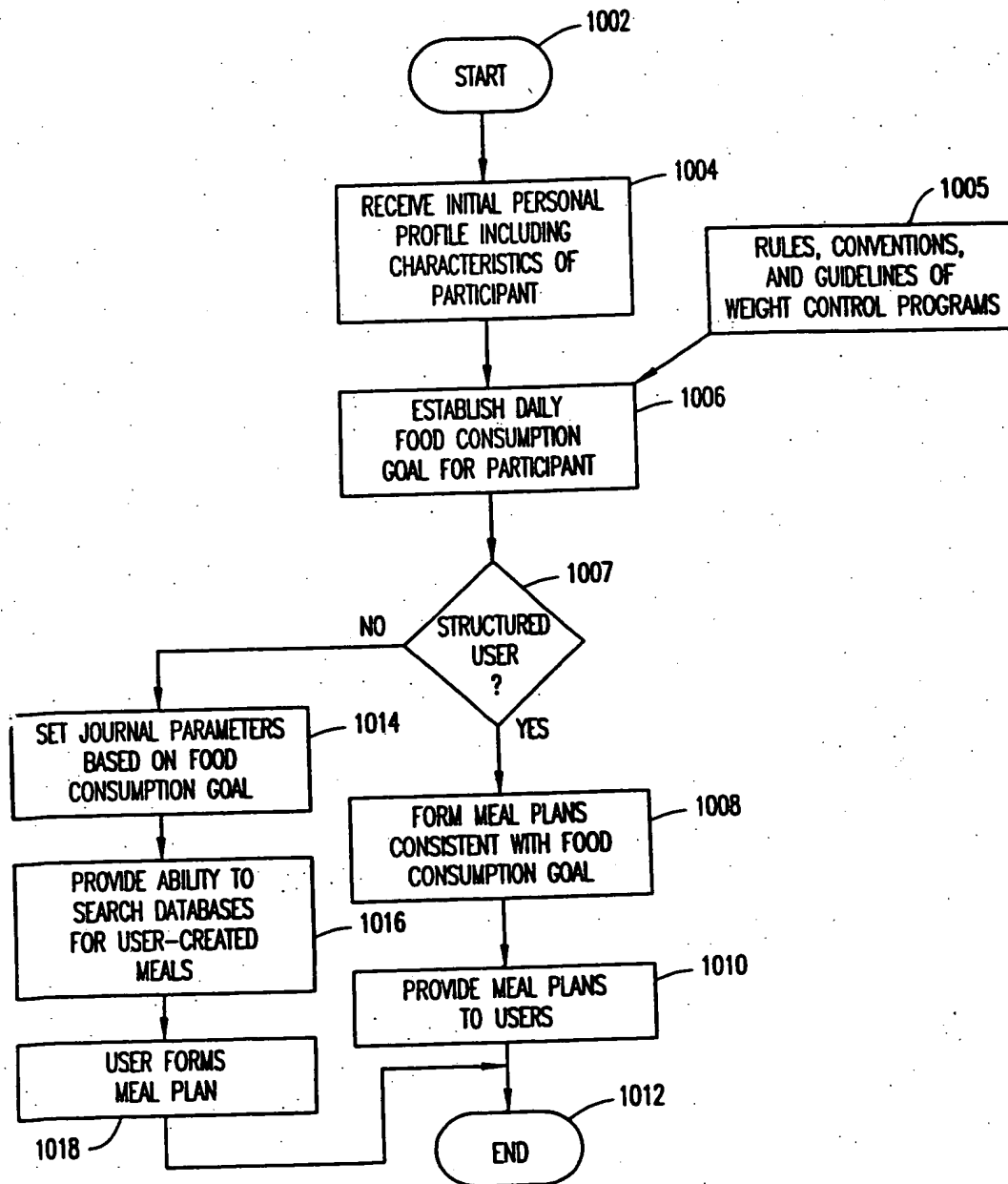


FIG. 10

11/28

900b

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address http://

find a meeting about us my profile site map help LOGOUT

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Journal Weight Tracker Progress Charts My Favorites POINTS Calculators Assessment Tools for Living Intro to eTools

my journal Friday, Jan 25, 2002 Target: 27 Range: 22-27 Bank: 3 906

print day print blank journal user guide

Add Food Add Exercise Notes Calendar

Step 1: To add an exercise, you can either:

- Search our exercise database or view all activities: 1104 weight lifting FIND 1106
- Select a favorite: Select from My Favorites ADD
- Express It! Enter your food and its POINTS value: Food: POINTS: ADD

POINTS Calculator

Need Help? Go to the Journal User Guide Find tips from others on the eTools Tip Exchange

<input type="checkbox"/> 3/4 cup cooked brown rice	3
MAKE THIS MEAL A FAVORITE	Subtotal 8
Snack	
<input type="checkbox"/> 1 cup light artificially sweetened yogurt	2
<input type="checkbox"/> 1/2 cup sugar-free fruit flavored gelatin	0
<input type="checkbox"/> 2 Tbsp aerosol whipped cream	0
<input type="checkbox"/> 1 Tbsp sprinkles	1
<input type="checkbox"/> 3/4 oz chocolate chips	2
MAKE THIS MEAL A FAVORITE	Subtotal 5
Total Food POINTS used 24	
Total Food POINTS left for today 3	
Exercise	
<input type="checkbox"/> 30 min walking, leisure	1
Total Activity POINTS earned 1	
Check off daily on these important items	
Water	Multivitamin Supplement

Internet

FIG. 11

900c

FIG. 12

900d

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address <http://>

[find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) [LOGOUT](#)

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[Journal](#) [Weight Tracker](#) [Progress Charts](#) [My Favorites](#) [POINTS[®] Calculators](#) [Assessment](#) [Tools for Living](#) [Intro to eTools](#)

my journal [Friday, Jan 25, 2002](#) Target: 27 Range: 22-27 Bank: 0 [print day](#) [print blank journal](#) [user guide](#)

904d 906

Add Food Add Exercise Notes Calendar

Click on any date below to view your journal entries for that specific day. To view a different month, click on the forward or back arrows.

Calendar Key

- Today's date
- The journal day you are viewing
- Your scheduled weight tracking day
- journal is complete: POINTS are banked!

Need Help? Go to the [Journal User Guide](#)

Find tips from others on the [eTools Tip Exchange](#)

DELETE CHECKED ITEMS

SAVE & BANK

☐ Check All Total Food POINTS used 24

Morning

- ☐ 3 slice(s) crisp cooked bacon 4
- ☐ 2 large fried egg(s) 5
- Subtotal 9

MAKE THIS MEAL A FAVORITE

Midday

- ☐ 1 small serving(s) cooked lean beef steak 7
- ☐ 1 cup(s) fruit salad 2
- Subtotal 9

MAKE THIS MEAL A FAVORITE

Evening

- Subtotal 0

Snack

- Subtotal 0

Total Food POINTS used 18

Total Food POINTS left for today 9

Exercise

Internet

FIG. 13

1400

806e

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1404

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meal plans

808c

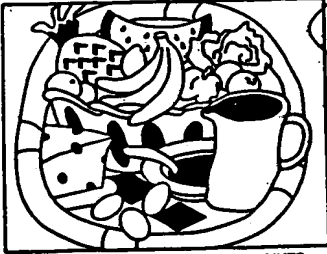
my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, [see our meal plan user guide.](#)

[view next week's plan](#) [see Daily View](#) [print](#) [refresh](#)

Jan 23 - Jan 29

[add plan to my journal](#)



☒ THURSDAY

POINTS 23

☒ MORNING:

Almond Apricot Flakes 6

☒ MIDDAY:

Turkey Rollers 5

☒ EVENING:

Orange-Lemon Scallops 7

☒ SNACK:

Throughout the Day 5

☒ SATURDAY

POINTS 24

☒ MORNING:

From the Coffee Shop 5

☒ MIDDAY:

Grilled Swordfish 6

☒ EVENING:

Indian Take-Out 8

☒ SNACK:

On the Go 5

☒ MONDAY

POINTS 23

☒ MORNING:

Apricot Yogurt Sundae 5

☒ MIDDAY:

Super Salad 6

☒ EVENING:

Quick Bite Before 7

☒ SNACK:

Crunchy Snacks 5

☒ WEDNESDAY

POINTS 23

☐ MORNING:

Cheese Omelet 6

☒ MIDDAY:

Vegetarian Chili 5

☒ EVENING:

Apricot Turkey Br... 7

☒ SNACK:

Snacks and Treats 5

☒ FRIDAY

POINTS 24

☒ MORNING:

Yogurt Topped Fruit 5

☒ MIDDAY:

Cheese & Broc... 6

☒ EVENING:

Spicy Pork Soups 8

☒ SNACK:

Savory Snacks 5

☒ SUNDAY

POINTS 24

☒ MORNING:

Raisin Nut Flakes 6

☒ MIDDAY:

Turkey Sandwich w... 5

☒ EVENING:

Baked Beef Fajita 8

☒ SNACK:

Sweets and Treats 5

☒ TUESDAY

POINTS 24

☒ MORNING:

Apple-Almond Topp... 6

☒ MIDDAY:

Bacon & Grill... 5

☒ EVENING:

Turkey-Squash Sti... 8

☒ SNACK:

Sweet and Salty S... 5

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need help?

[Learn more and answer questions in our meal plan user guide.](#)[meal plan user guide](#)[meal planner profile](#)[Plan for Me-Plan](#)[Special diet \(Regular\)](#)[POINTS range 22-27](#)[edit meal plan profile](#)[about meal plans](#)

FIG. 14

15/28

1500a

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panic

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meal plans

my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, [see our meal plan user guide](#).

[next day](#) | [weekly view](#)

WED Jan 23 | 23 POINTS

[update my meal plan](#) 1504

☒ MORNING:

[Swap for another meal?](#) 1502

	POINTS
Cheese Omelet	6
<input checked="" type="checkbox"/> 3 medium egg white(s)	1
<input checked="" type="checkbox"/> 1 tsp basil	0
<input checked="" type="checkbox"/> 1 oz low-fat cheddar or colby cheese	1
<input checked="" type="checkbox"/> 1 slice high-fiber bread	1
<input checked="" type="checkbox"/> 1 cup canned fruit cocktail, packed in water	1
<input checked="" type="checkbox"/> 1 cup low-fat milk	2

☒ MIDDAY:

[Swap for another meal?](#)

	POINTS
Veggie Chili	5
<input checked="" type="checkbox"/> 1 cup Health Valley Mild Vegetarian Chili	2
<input checked="" type="checkbox"/> 1 cup fresh vegetable sticks	0
<input checked="" type="checkbox"/> 1 Tbsp reduced-calorie salad dressing	1
<input checked="" type="checkbox"/> 1 cup grapes	1
<input checked="" type="checkbox"/> 1 slice toasted wheat bread	1
<input checked="" type="checkbox"/> 1 Tbsp I Can't Believe It's Not Butter! Fat-Free Margarine	0

☒ EVENING:

[Swap for another meal?](#)

	POINTS
Apricot Turkey Breast with Cinnamon Squash	7
<input checked="" type="checkbox"/> 4 oz boneless, skinless turkey breast(s)	3
<input checked="" type="checkbox"/> 1 Tbsp apricot jam	1
<input checked="" type="checkbox"/> 1 tsp ground ginger	0
<input checked="" type="checkbox"/> 3/4 medium acorn squash	2
<input checked="" type="checkbox"/> 1/8 tsp ground cinnamon	0
<input checked="" type="checkbox"/> 1 Tbsp light butter	1
<input checked="" type="checkbox"/> 1 1/2 cup green snap beans	0

☒ SNACK:

[Swap for another meal?](#)

	POINTS
Snacks and Treats	5
<input checked="" type="checkbox"/> 1 cup 0-POINT soup	0
<input checked="" type="checkbox"/> 1 cup fresh vegetable sticks	0

need help?

[Learn more and answer questions in our meal plan user guide.](#)

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FIG. 15A

1500b

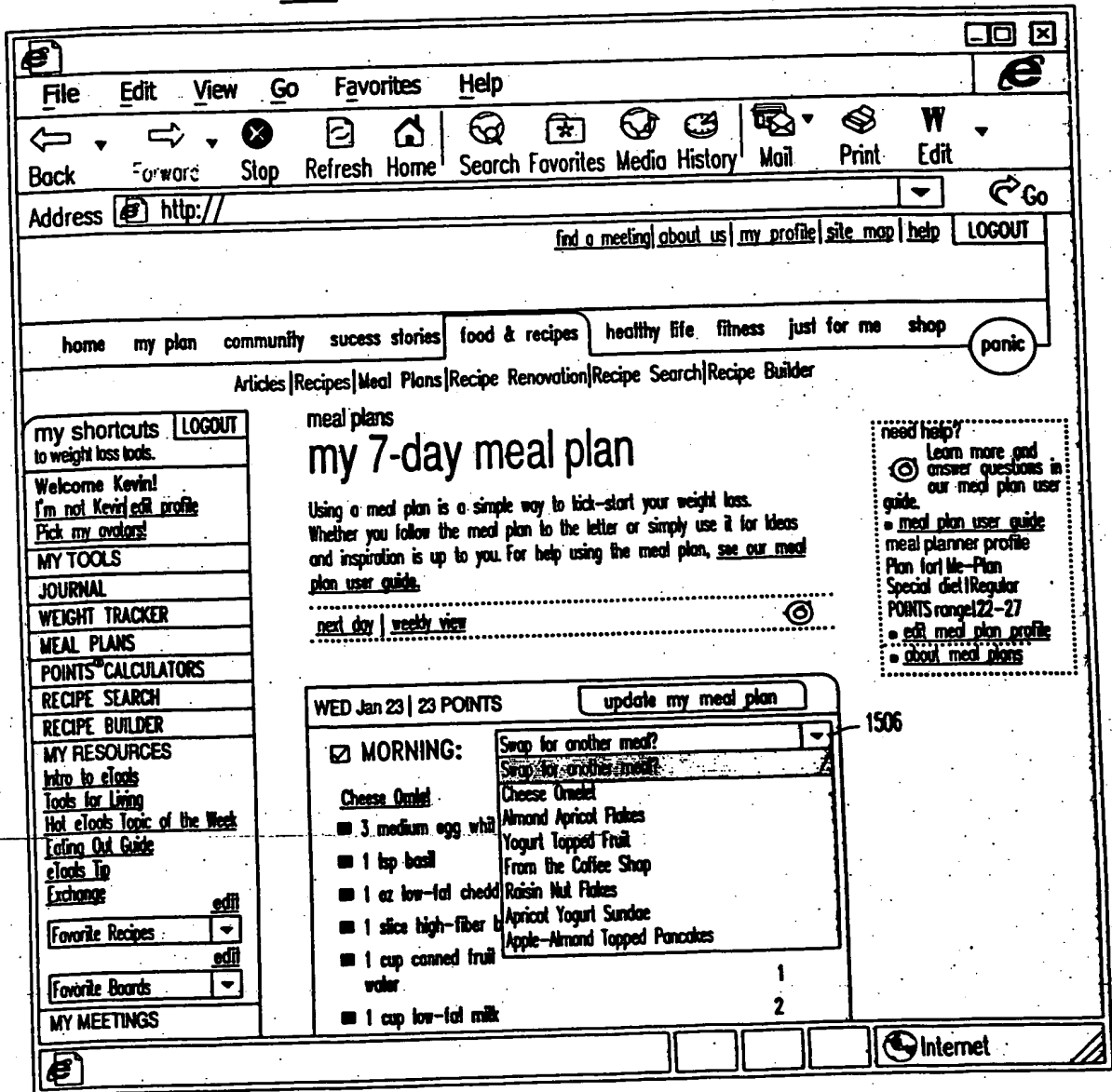


FIG. 15B

900e

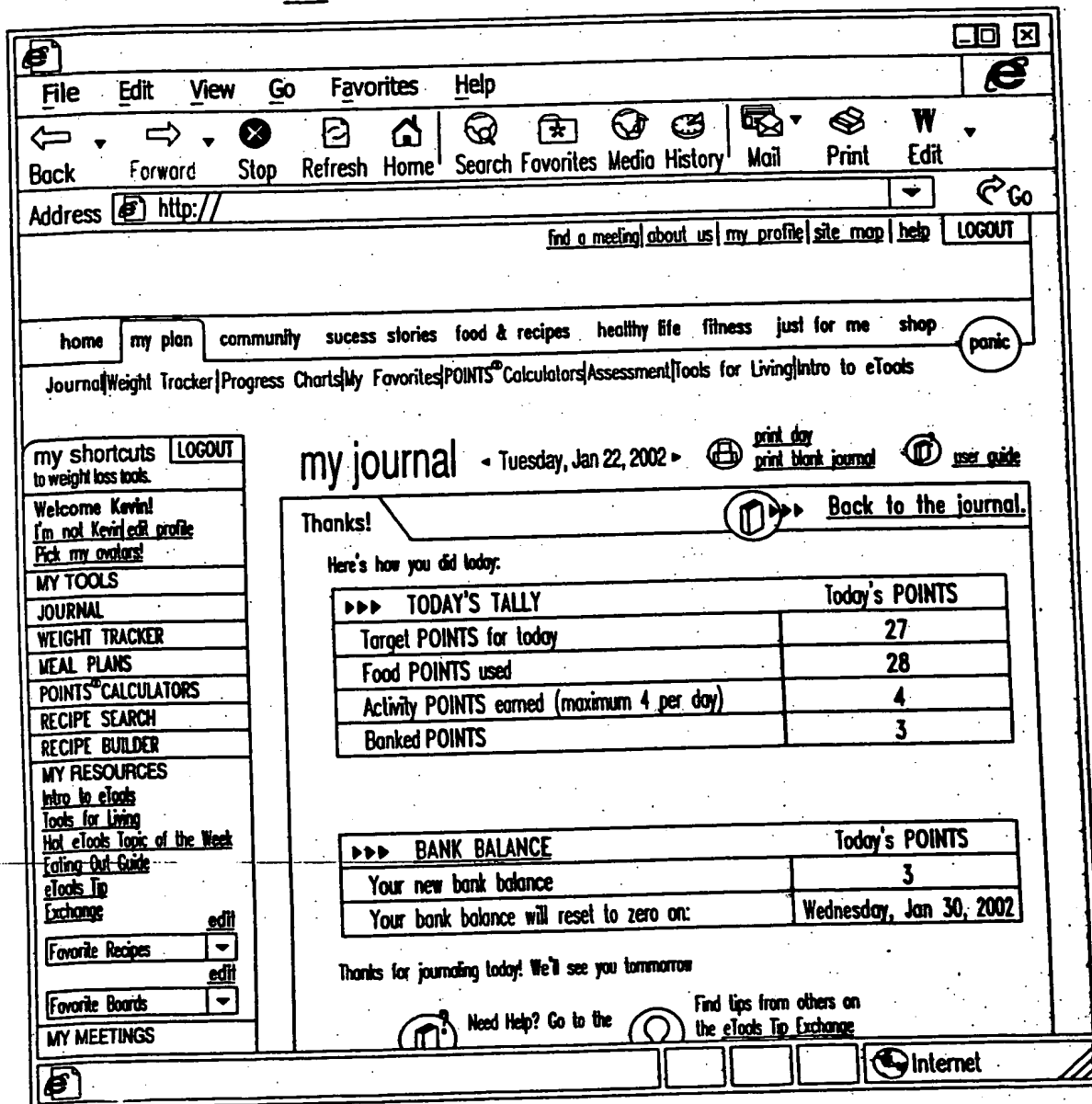


FIG. 16A

900f

The screenshot shows a web browser window with a menu bar (File, Edit, View, Go, Favorites, Help) and a toolbar with navigation buttons (Back, Forward, Stop, Refresh, Home, Search, Favorites, Media History, Mail, Print, Edit). The address bar shows 'http://'. The page content includes a navigation menu with links like 'home', 'my plan', 'community', 'success stories', 'food & recipes', 'healthy life', 'fitness', 'just for me', and 'shop'. A 'panic' button is also visible. The main content area is titled 'my journal' and shows a summary for Tuesday, Jan 22, 2002. It includes a table for 'Today's POINTS' with rows for Target POINTS (27), Food POINTS used (28), Activity POINTS earned (4), and Banked POINTS (3). A confirmation message states 'Your journal has been saved!' and asks if the user is ready to bank their points. There are 'no' and 'yes' buttons for this confirmation. A sidebar on the right contains links for 'Need Help? Go to the Journal User Guide' and 'Find tips from others on the eTools Tip Exchange'. The browser's status bar at the bottom shows 'Internet'.

914

my journal -Tuesday, Jan 22, 2002- Target: 27 Range: 22-27 Bank: 0 [print day](#) [print blank journal](#) [user guide](#)

Your journal has been saved!

Below is a summary of your POINTS. Simply select the number of POINTS you wish to bank for the day and click "Yes"

Today's POINTS	
Target POINTS for today	27
Food POINTS used	28
Activity POINTS earned (maximum 4 per day)	4
Banked POINTS	3

Are you done for the day and ready to BANK your POINTS?

Yes! Click "Yes" if you're done journaling for the day and want to bank any left over food or activity POINTS.
Need help with banking?

Need Help? Go to the Journal User Guide
Find tips from others on the eTools Tip Exchange

1602 1604a 1604b

Internet

FIG. 16B

my shortcuts [LOGOUT](#)
to weight loss tools.

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- MEAL PLANS
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recipes

results of search or browse

Search Details: Keywords: chicken. Points Range: 5 to 7

Your search returned 48 recipes page 1 of 3 [prev](#) [next](#)

Browse

[All](#) [▼](#)

[FIND](#)

Search Keywords:

POINTS range: to [FIND](#)

Looking for mor options? [Refine your search.](#)

1702

Recipe, POINTS per serving

[Apple Braised Chicken](#), 5
[Baked Chicken with Sun dried Tomato Sauce](#), 5
[Barbecue Chicken and Black Bean Pizza](#), 7
[Basque Chicken](#), 7
[Chicken and Dumplings](#), 5
[Chicken and Sausage Gumbo](#), 6
[Chicken Burritos](#), 5
[Chicken Enchiladas](#), 7
[Chicken Fajitas](#), 6
[Chicken Fingers with Barbecue Sauce](#), 5
[Chicken in Apricot Sauce](#), 5
[Chicken Jambalaya](#), 6
[Chicken Mole Wings](#), 7
[Chicken Poella](#), 7
[Chicken Parmigiana Sandwich](#), 6
[Chicken Poppers](#), 6
[Chicken Pot Pie](#), 6
[Chicken Salad in Whole-Wheat Bread Bowl](#), 5
[Chicken Sauté with Pine Nuts](#), 6
[Chicken Stewed with Artichokes and Tomatoes](#), 5

Course

Main Meals
Main Meals
Main Meals
Main Meals
Main Meals
Main Meals, Soups
Main Meals
Main Meals
Main Meals
Main Meals
Main Meals
Main Meals
Main Meals
Main Meals
Sandwiches
Main Meals, Side Dishes

Time

55 min
30 min
30 min
45 min
40 min
33 min
37 min
60 min
25 min
22 min
45 min
50 min
31 min
330 min
35 min
20 min
65 min
20 min
25 min
50 min

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favorite recipes
with new friends

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of foods.

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POINTS range: to [FIND](#)

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FIG. 17

20/28

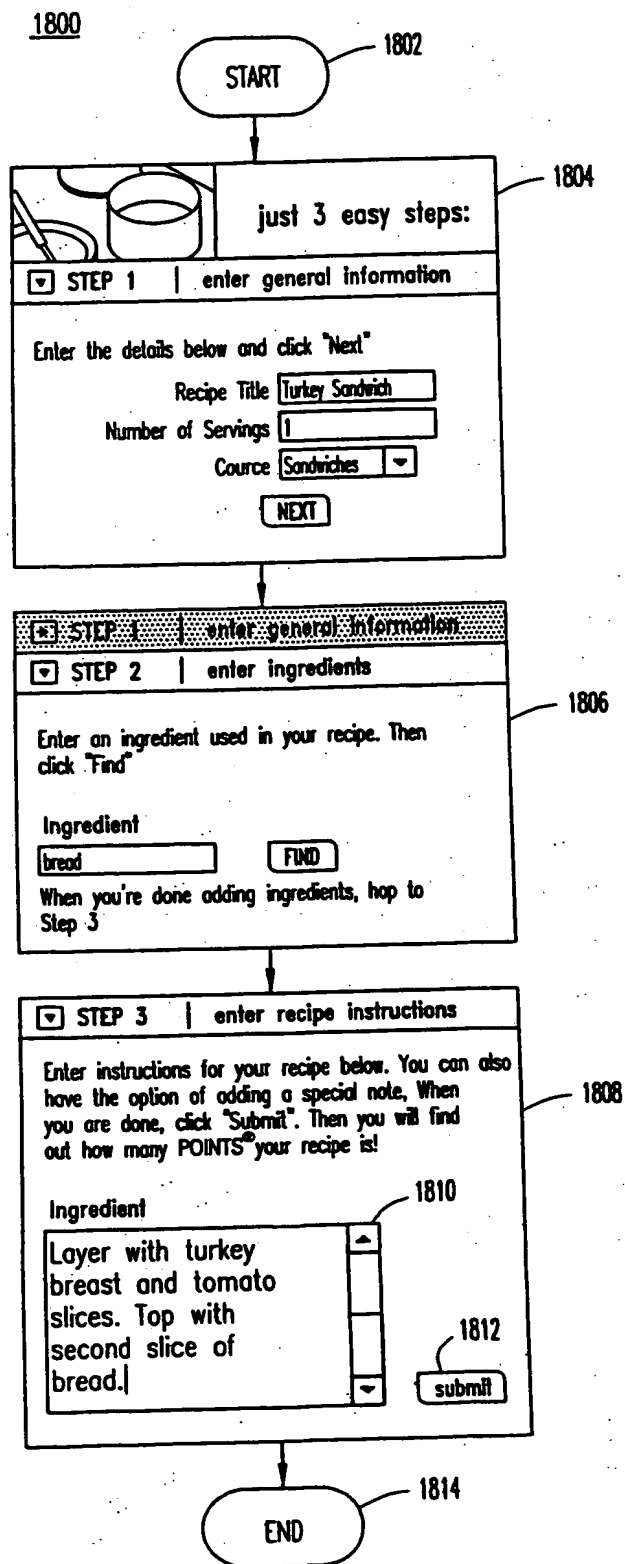


FIG. 18

806b

1900

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my plan

community

success stories

food & recipes

healthy life

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808b

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weight tracker

Wednesday, January 16, 2002

Total weight loss

10.0 LBS.

Most recent weight: 221.6lbs on 1/14/2002

POINTS Range: 22-27

Meeting day: Monday

1902

Milestones: 5

Thank You

VIEW PROGRESS CHARTS

Thank you for logging your weight this week!

Please return next Monday to log your weight.

Share stories on [Tales from the Scale](#)

ENTER PREVIOUS WEIGHT

health & safety

getting to weight goal

learn more, weigh less

weight and weight-loss efforts can affect your health.

remember to take time out to get inspired all over again.

from weight-loss experts and fellow dieters alike!

What's your BMI

18 Ways to Reward Yourself

The Great Weight-In

Effects of Rapid Weight Loss

Create a Motivating Strategy

20 Weight Loss Tips (from Real Meeting-Goers!)

weight loss profile

Starting weight: 223

10% difference: 200.7

Weight goal: 150.9

Weight lost: 2

edit my profile

Beyond the scale

Get a better grip on your weight-loss success the next time you carry groceries.

Click the pounds to see what you'd have to lift.

1lb | 5lb | 10lb | 25lb

4 sticks of butter

2100

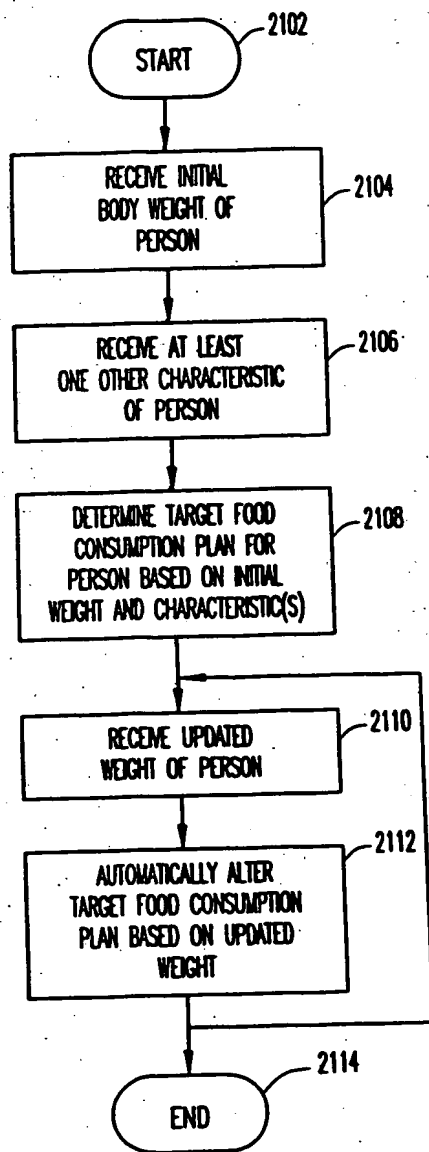


FIG. 21

2200

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MEAL PLANS
POINTS SM CALCULATORS
RECIPE SEARCH
RECIPE BUILDER

MY RESOURCES

[Intro to eTools](#)
[Tools for Living](#)
[Hot eTools Topic of the Week](#)
[Eating Out Guide](#)
[eTools Tip](#)
[Exchange](#)

[Favorite Recipes](#) edit

[Favorite Boards](#) edit

MY MEETINGS
7/5/02 | [edit](#)
Enter a zip code below
 ▶

[Don't know zip code](#)
MY NEWSLETTER & MORE
[Choose your options](#)
GET HELP
[Frequently Asked Questions](#)
[Contact Us](#)

don't panic!

...we know how hard it can be.

Never trade what you want at the moment
for what you want most.

Everyone has moments of panic or days of stress, or even weeks when they're just frantic. That's why we've created the "Panic Page." It will help point you down the right path when you're stressed out about your weight loss.

First of all, we're here to provide the connections you need in order to talk to others who've been there. Get in touch and talk it over on our [message boards](#) and in our [chat rooms](#).

And read up on your rough spots, too. Here are some potential "Panic" situations. If one sounds familiar, click on the link for some sound solutions.

- [I want to lose weight, but I can't seem to get started.](#)
- [My weight-loss is at a standstill](#)
- [I've fallen off the wagon.](#)
- [I'm thinking of quitting.](#)
- [I gained this week.](#)
- [I can't do this](#)
- [I just ate a whole chocolate cake.](#)
- [I can't stop overeating!](#)
- [Everybody I know is losing weight except me.](#)
- [I'm stressed!](#)
- [My family and friends keep bringing me food!](#)
- [My spouse doesn't seem to want me to lose weight.](#)
- [I'm planning a vacation. How will I stay on track while away?](#)
- [My friends have asked me to go out to eat with them.](#)

- [I have zero POINTS left for the day!](#)
- [Somebody just said something really hurtful to me.](#)
- [None of my jeans fit me anymore!](#)
- [I'm too big to fit into a bus seat.](#)
- [I'm going to have to stand in front of a crowd. People will notice me.](#)
- [I feel so lonely.](#)
- [I'm bored with trying to lose weight.](#)
- [I'm frustrated with trying to lose weight.](#)
- [I hate exercising.](#)
- [I've lost my motivation.](#)
- [I feel thinner and look thinner, but I'm not losing pounds.](#)

your best resource

Thousands of people just like you use our chat and message boards for inspiration and encouragement. See how they tackled the problems you face.

- [chat with others now](#)
- [go to newbie board](#)

your best resource

Our leaders provide the best answers to all your questions about weight loss.

- [find a meeting](#)

get help

Parickin' cause you're having problems using some of the tools on our site?

- [frequently asked questions](#)

FIG. 22

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address <http://> Go

[find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) LOGOUT

home my plan community success stories food & recipes healthy life fitness just for me shop [panic](#)

[Journal](#) [Weight Tracker](#) [Progress Charts](#) [My Favorites](#) [POINTS[®] Calculators](#) [Assessment](#) [Tools for Living](#) [Intro to eTools](#)

my shortcuts to weight loss tools LOGOUT

Welcome Kevin!
[I'm not Kevin](#) [edit profile](#)
[Pick my avatars!](#)

MY TOOLS

JOURNAL

WEIGHT TRACKER

MEAL PLANS

POINTS CALCULATORS

RECIPE SEARCH

RECIPE BUILDER

MY RESOURCES

[Intro to eTools](#)

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[eTools Tip](#)

[Exchange](#) [edit](#)

[Favorite Recipes](#) [edit](#)

[Favorite Boards](#) [edit](#)

MY MEETINGS

[75202](#) [edit](#)

Enter a zip code below

[Don't know zip code](#)

MY NEWSLETTER & MORE

[Choose your options](#)

GET HELP

[Frequently Asked Questions](#)

[Contact Us](#)

my profile

edit public profile

Select another page in my profile...

Your public profile lets others using the site learn about you. To make a detail appear in your profile, check the "Add to public profile" box. You can also enter fun details, such as your favorite quote, below. When you are done, click "Submit."

Important: Any information you can consent to being publicly available can be seen by any user on this website. [Learn more about public profiles.](#)

2304

make public

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☒

☒

☒

☒

☐

☐

☒

User name: John Smith

E-mail address: jsmith@workplace.com

Birthdate: 07/14/66

Gender: Male

Marital status: Single

Number of children: 0

Profession: Professional (e.g. doctor, lawyer)

Astrological sign: Cancer

My home page: <http://www.workplace.com>

Astrological sign: Beam me up, Scottie

2302

submit

Enter your start, goal and current weights below. It will display in this order in your signature: 180/169.4/141

Start weight: 223 lbs

Current weight: 221 lbs

Weight goal: 150 lbs

2306

submit

Internet

FIG. 23

2400a

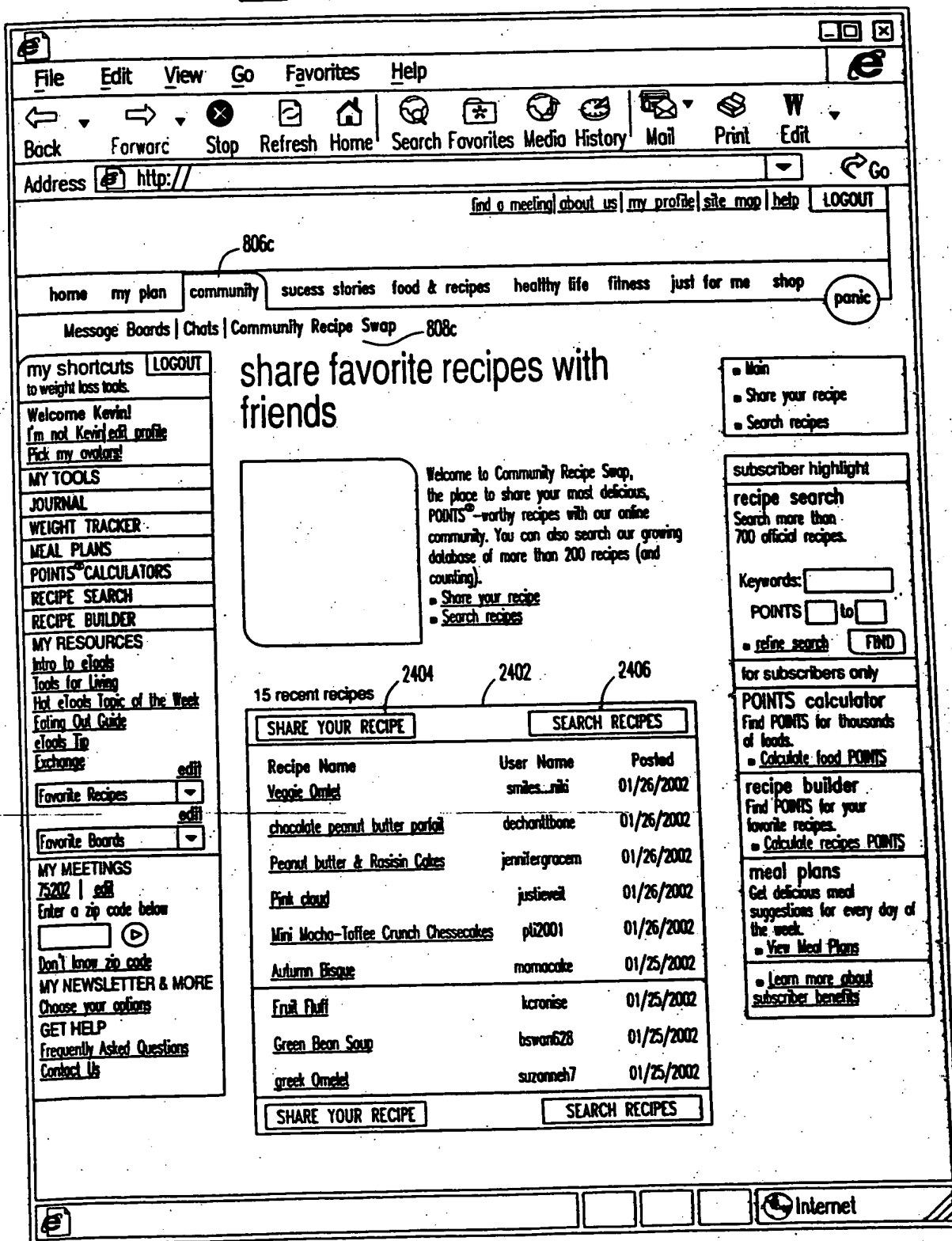


FIG. 24A

2400b

The screenshot shows a web browser window with the following elements:

- Browser Menu:** File, Edit, View, Go, Favorites, Help.
- Navigation Bar:** Back, Forward, Stop, Refresh, Home, Search, Favorites, Media History, Mail, Print, Edit.
- Address Bar:** http://
- Page Header:** find a meeting | about us | my profile | site map | help | LOGOUT
- Navigation Links:** home | my plan | community | success stories | food & recipes | healthy life | fitness | just for me | shop
- Community Section:** Message Boards | Chats | Community Recipe Swap
- Left Sidebar:**
 - my shortcuts | LOGOUT
 - to weight loss tools.
 - Welcome Kevin!
 - I'm not Kevin? edit profile
 - Pick my avatars!
 - MY TOOLS
 - JOURNAL
 - WEIGHT TRACKER
 - MEAL PLANS
 - POINTS[®] CALCULATORS
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 - Exchange
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 - Favorite Boards
 - MY MEETINGS
 - 7/5/02 | edit
 - Enter a zip code below
 - Don't know zip code
 - MY NEWSLETTER & MORE
 - Choose your options
 - GET HELP
 - Frequently Asked Questions
 - Contact Us
- Main Content Area:**
 - community recipe swap**
 - share your recipe**
 - Sharing your personal recipes is easy! To swap your recipe, simply fill in the details below and click "Submit." Why not include a special note letting others know why you love the recipe and how it's helped you stick to your POINTS[®]?
 - IMPORTANT: You should only swap your personal recipes and not recipes that are someone else's or that you copied from publications such as cookbooks or magazines.
 - Form Fields:**
 - Recipe Title: [Text Box] (2408)
 - From the Kitchen at: [Text Box] (2410)
 - Meal Course: [Dropdown Menu: Breakfast] (2412)
 - Number of Servings: [Text Box] (2414)
 - Estimated POINTS per serving: [Text Box] (2416)
 - Ingredients: [Text Box] (2418)
 - Instructions: [Text Box] (2420)
 - Special Notes: [Text Box] (2422)
 - Buttons:** RESET, SUBMIT (2424)
- Right Sidebar:**
 - Main
 - Share your recipe
 - Search recipes

FIG. 24B

2400c

The screenshot shows a web browser window with a menu bar (File, Edit, View, Go, Favorites, Help) and a toolbar with navigation buttons (Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, Edit). The address bar shows 'http://'. The page content includes a navigation bar with links like 'home', 'my plan', 'community', 'success stories', 'food & recipes', 'healthy life', 'fitness', 'just for me', and 'shop'. A sidebar on the left contains 'my shortcuts' (Logout, Welcome Kevin!, I'm not Kevin! edit profile, Pick my avatars!), 'MY TOOLS' (JOURNAL, WEIGHT TRACKER, MEAL PLANS, POINTS CALCULATORS, RECIPE SEARCH, RECIPE BUILDER, MY RESOURCES), and 'MY MEETINGS' (75202 | edit, Enter a zip code below, Don't know zip code, MY NEWSLETTER & MORE, GET HELP, Frequently Asked Questions, Contact Us). The main content area is titled 'community recipe swap' and 'share your recipe'. It features a search section with 'browse recipes' (All, FIND), 'search' (Search by: recipe name, user name, Enter Name, FIND), and 'refine search' (Search for any combination of categories below. The more options you choose, the more refined your search will become.). The 'refine search' section includes 'Estimated POINTS' (Range: to), 'Meal Course' (Beverages, Breakfast, Cakes, Desserts, Light Meals, Main Meals, Sandwiches, Soups, Side Dishes, Snacks, Sources), and 'Posting Date' (Search for recipes posted in the last, All Dates, FIND). A sidebar on the right contains 'subscriber highlight' (Main, Share your recipe, Search recipes), 'recipe search' (Find what you're craving, Search more than 700 official recipes, Go to Recipe Search, Learn more about subscriber benefits), 'for subscribers only' (POINTS calculator, Find POINTS for thousands of foods, Calculate food POINTS), 'recipe builder' (Find POINTS for your favorite recipes, Calculate recipes POINTS), and 'meal plans' (Get delicious meal suggestions for every day of the week, View Meal Plans, Learn more about subscriber benefits).

FIG. 24C